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MAINTAINING FAMILY HEALTH ON THE FARM.

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A radio talk by Grace E. Frysinger, Office of Cooperative Extension Work, to be delivered in the Land Grant College program, National Farm and Home Hour, over a network of 57 associate NBC stations, Wednesday, July 19, 1933.

Every child knows of Aladdin's lamp and of the wonders that could be produced by rubbing it. Equally magical results can be produced today by those who possess that precious thing "positive health".

To be sure Robert Louis Stevenson, Milton, and Beethoven, despite physical limitations, made life richly satisfying to themselves and gave the world rare gifts of art and philosophy. But for most of us health of body is a prerequisite to joy of living.

"Health is Wealth" even in good times, but when dollars are few health must be assured to provide against lowered resistance to disease, and inability to assume the many daily duties of farm life, and to prevent illness, expenditures for medicines and needed care.

More than \$750,000,000 is spent annually for illness in the United States and rural women are determined that their proportion of illness cost shall be reduced to the minimum. Under the leadership of the home demonstration agents they are seeking "positive health" for their families. Over 247,000 of them adopted positive methods of health conservation.

One of the outstanding means used by rural women to assure health is to provide simple nourishing foods, including plenty of clean milk, fresh vegetables, fruits, whole grain foods, and eggs. And these home makers are not forgetting to urge each member of the family to drink eight glasses of good pure water each day so that food will be assimilated and body growth or maintenance be assured.

Elimination or reduction of the cost of medicine for the "too-fats" and the "too-thins," and for those with digestive disturbances has been another goal of rural women. To this end rural women and home demonstration agents aided over 150,000 persons to use simple corrective diets and exercises during 1932.

Rural women have stressed personal hygiene as an essential in acquiring positive health.

It is estimated that more than one hundred million colds occur in the United States each winter involving a cost of some \$400,000,000. Colds are responsible for more loss of time from schools and work than any other single cause. "Eliminate the Common cold" was the slogan of rural women in many States.

During 1932 nearly 100,000 rural women had complete health examinations as a basis for intelligently conserving or obtaining good health.

Adequate prenatal and postnatal care of mothers has been practiced as a means of conserving the health of mother and child and of preventing

costly aftermaths of suffering and of doctor bills.

Screening of homes, installation of sanitary toilets indoors and out, efficient disposal of sewage and garbage, and making the use of fly traps, were additional methods used to prevent or reduce illness costs. Home demonstration agents reported that more than 20,000 homes were screened; 48,000 homes used additional methods of fly and mosquito control; and 13,000 homes installed sanitary toilets or privies.

Prevention of fire and other accidents in the home, which take a toll of millions of dollars in farm homes each year, has been another way in which rural home makers have reduced health costs.

While prevention of illness is the objective of these positive health endeavors, sickness and accidents do occur in farm homes. During 1932 home demonstration agents helped rural women in more than 28,000 homes to improve their methods of caring for sick persons. Installation of inexpensive first aid kits in homes and automobiles have been a means to this end.

Selection or construction of clothing, particularly children's clothing from the standpoint of health and sanitation is being practiced by rural home makers and hygienic care of clothing has also added to the good health of the wearer. Selection of properly constructed shoes and adequate care of feet of adults, as well as of boys and girls, has been a basic contribution to good health and has prevented nerve strain and its resulting costs.

Through their endeavors farm women have proved that positive health is within the grasp of most of us, and they are obtaining it at a minimum of cost. It requires some knowledge, discriminating judgment and much self-control and self-direction, but to those who possess positive health no Aladdin's lamp or fountain of youth can produce so great an assurance of satisfying life from youth through old age.

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